



South Central District Health

1020 Washington St N * Twin Falls ID 83301

Keeping your family & community healthy

March 10, 2006

PRESS RELEASE – For Immediate Release

Contact: Susie Beem, Arthritis Program Coordinator, 737-5946

Arthritis Self-Help Program Offered

Take control of arthritis by attending the Arthritis & Fibromyalgia Self-Help Program. The six-week, comprehensive course will be hosted by South Central District Health on Tuesdays beginning March 28 to May 2, from 1 p.m. to 3 p.m. The District Health office is located on the CSI Campus at 1020 Washington Street North in Twin Falls.

The Arthritis Foundation's self-management course is taught by two Arthritis Foundation-trained instructors. The course is designed to give participants the knowledge, confidence, and skills needed to take a more active part in their arthritis care. Participants can meet with others who have arthritis or fibromyalgia, and learn more about nutrition, medication, exercise, relaxation techniques, and overall arthritis care management tips.

Pre-registration is required. The cost for the course is \$30, which includes the "Arthritis Help Book" and all other course materials. For more information, call Susie Beem at 737-5946. To register, call the Arthritis Foundation Utah/Idaho Chapter at (800) 444-4993 or sign up online at www.arthritis.org.

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